

Overview of Learning Styles

Many people recognize that each person prefers different learning styles and techniques. Learning styles group common ways that people learn. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. Others may find that they use different styles in different circumstances. There is no right mix. Nor are your styles fixed. You can develop ability in less dominant styles, as well as further develop styles that you already use well.

By recognizing and understanding your own learning styles, you can use techniques better suited to you. This improves the speed and quality of your learning.

The commonly referred to learning styles are:

- **Visual (spatial)**
 - You prefer using pictures, images, and spatial understanding.
- **Aural (auditory-musical)**
 - You prefer using sound and music.
- **Verbal (linguistic)**
 - You prefer using words, both in speech and writing.
- **Physical (kinesthetic).**
 - You prefer using your body, hands and sense of touch.
- **Logical (mathematical)**
 - You prefer using logic, reasoning and systems.
- **Social (interpersonal)**
 - You prefer to learn in groups or with other people.
- **Solitary (intrapersonal)**
 - You prefer to work alone and use self-study.

Sites:

<http://www.berghuis.co.nz/abiator/lsi/lsiframe.html>

<http://www.learning-styles-online.com/inventory/>

<http://www.edutopia.org/multiple-intelligences-learning-styles-quiz>

<http://www.engr.ncsu.edu/learningstyles/ilsweb.html> NOTE: Adult learning styles